



Company Contact:
William R. Council, III
President and CEO
(615) 771-7575

Investor Relations:
Rodney O'Connor
Cameron Associates
(212) 554-5470

Advocat Announces Details of First Annual Investor Day

BRENTWOOD, TN, (November 18, 2009) – Advocat Inc. (NASDAQ: AVCA) today announced the agenda for its first annual Investor Day to be held at company headquarters in Brentwood, Tennessee, on Monday, December 7th.

Members of Advocat's management team and board of directors will discuss the company's operations followed by a question and answer session. Presentations are scheduled to begin at 10:00 a.m. CT, 11:00 a.m. ET and conclude at 12:00 p.m. CT, 1:00 p.m. ET. .

Stated William R. Council, III, Chief Executive Officer of Advocat, "I am extremely excited to host our investors during our first Investor Day as it gives me the chance to personally thank them for their continued support. We have an informative and enjoyable day planned and we encourage all interested investors to attend this worthwhile event."

Advocat provides long term care services to patients in 50 skilled nursing centers, primarily in the Southeast and Southwest. For additional information about the Company, visit Advocat's web site: <http://www.irinfo.com/avc>.

###